LDT	E Berkeley Hills E/4 (8,000')/80		ELEV
	START at Temescal Regional Recreation Area		
0.0	R	Broadway	400
0.7	L	Caldecott Lane (to go over Freeway)	
0.8	L	Caldecott Lane (after overpass)	
0.9	R	Tunnel Road (first right)	600
2.7	C	Skyline Blvd	1000
4.1	L	Grizzly Peak Blvd	1500
8.0	R	South Park Drive (No cars - bikes OK)	1700
9.4	R	Wildcat Canyon Road (Y intersection)	1000
10.7	**Regroup @ Inspiration point** (bathrooms)		1000
10.7	C	Wildcat Canyon Road	
13.3	R	Camino Pablo/San Pablo Dam Rd	400
14.7	R	El Toyonal Drive	
16.3	L/C	Alta Vista	
16.7	L/C	Lomas Cantadas (STEEP!)	
17.2	**Regroup at top of hill**		1700
17.5	R	Grizzly Peak Blvd.	
17.7	R	South Park Drive (1st R)	
19.1	R	Wildcat Canyon Road	
22.9	C	Bear Creek Road (across the light)	400
27.3	**Regroup-Briones Regional Park entrance**		700
	(Water, Restroom available 0.4 miles inside the park)		
31.3	L	Alhambra Valley Road	
34.0	C/R	Alhambra Valley(ignore Castro Ranch Rd.)	
34.0	C	Pinole Valley Road	
38.0	R	San Pablo Ave.	
40.2	L	Parker Ave/Willow Ave. @ T	
41.0	R/C	San Pablo Ave.	
43.8	C	Pomona St.	200
44.4	C	Pomona St. (ignore Crockett Blvd.)	
45.2	R/C	Winslow/Carquinez Scenic Drive	
47.3	R	McEwen Road	
48.5	**Regroup at top of hill**		600

48.5	Continue on McEwen		
49.7	L	Franklin Canyon Road @ T	
53.3	R	Alhambra Ave. @ T	
53.7	R	Alhambra Valley Road	
55.0	L	Reliez Valley Road @T	300
59.2	Top of Reliz Valley climb		700
60.3	R	Pleasant Hill Road	400
62.0	R	Olympic Blvd	
62.3	C	Enter Bike Path - end of Olympic Blvd.	
67.8	C	Exit Bike Path-Moraga Commons Park	
67.8	L	Through parking lot to St. Mary's Rd.	
67.8	R	St. Mary's Road	
67.9	L	Moraga Road	
68.2	**R**	**LUNCH - Bianca's/Mucho Wraps/Safeway**	500
68.3	R	Moraga Road (go south)	
68.4	C	Canyon Road	
70.1	R	Pinehurst	
72.8	C	Start 600' climb	600
74.1	**Regroup at Skyline (top of hill)**		1200
74.1	C	Skyline	
75.8	X	Grizzly Peak Blvd (begin descent - **CAUTION**	
77.2	C	Tunnel Road	
78.9	L	Tunnel Road (Stop sign - bottom of descent)	
79.0	L	Caldecott Drive (immediately)	
79.2	R	Across freeway overpass	
79.3	R	Broadway	
80.0	**L**	**into Temescal Park (END)**	**400**